

FLU Season is Fast Approaching
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It is that time of the year again: The temperature is beginning to drop and the risk of catching the flu is increasing. Some steadfast recommendations to reduce the risk of developing complications due to the flu are 1) stay healthy and 2) receive the flu vaccine.

The flu vaccine has been used for years to help minimize the affects of the virus, and in many cases, prevent the onset of symptoms. The vaccine is the best method available to protect health during flu season and the MEDDAC will be administering the immunizations in November and December to eligible beneficiaries.

If you are asking yourself “Why should I get the vaccine?” The answer is that it can prevent symptoms ranging from fever, sore throat, chills, cough, headache, muscle aches, and much more severe complications which can dangerous. Most people who become ill with flu are affected for only a few days, but some get much sicker and may need to be hospitalized. Influenza causes thousands of deaths each year, mostly among the elderly.

There are two types of influenza vaccine:

1. Live, attenuated influenza vaccine (LAIV) contains live but weakened influenza virus. It is sprayed into the nostril rather than injected into the muscle. It is recommended for healthy children and adults from 5 through 49 years of age, who are not pregnant.

The **live, attenuated influenza vaccine** is **recommended** for healthy household contacts and caregivers of those at risk and healthcare workers between the ages of 5 and 49 years of age.

The **live, attenuated influenza vaccine** is **not recommended** for persons younger than 5 years and older than 50 years, those with asthma, reactive airway disease or other chronic conditions of the pulmonary and cardiovascular systems, children or adults receiving aspirin, person with a history of Gillian Barre syndrome, pregnant women, or those with hypersensitivity to eggs.

2. Inactivated influenza vaccine or “flu shot” has been used in the United States for many years. It is an injection. **Inactivated influenza vaccine** is **recommended** for children aged 6 to 23 months, children and adolescents aged 6 months to 18 years receiving long-term aspirin, women who will be pregnant, adults and children with chronic metabolic or other medical conditions predisposing to influenza, nursing home residents and those older than 50, and HIV + persons.

Inactivated influenza vaccine is not recommended on those with documented hypersensitivity to eggs and persons that are currently sick with common cold or flu.

Annual vaccination is recommended for:

Influenza vaccination is recommended for people who are at risk of complications from influenza, people who can spread influenza to those at high risk and anyone who wants to reduce their chance of getting influenza.

People at high risk for complications from influenza:

| <u>WHO</u> | <u>Vaccine/Flu Mist</u> | <u>Special Guidance</u> |
|---|--------------------------------|---|
| Children 6 to 59 months | Vaccine or Flu Mist | ** |
| Children ages 5 years to 9 years of age | Vaccine or Flu mist | ** |
| Children and Adolescents on long-term therapy | Vaccine | These people could develop Reye Syndrome if they got influenza. |
| Person over the age of 50 | Vaccine | none |
| Pregnant women | Vaccine | Pregnant women can receive flu vaccination at all trimesters or pregnancy |

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| Adults and Children with chronic cardiovascular or metabolic illnesses | Vaccine | none |
| Nursing Home residents | Vaccine | none |
| Persons who care for Patients with high risk for influenza | Vaccine or Flu mist | none |

**Children aged 6 to 59 months and children ages 6 months to 9 years not previously vaccinated at any time with influenza vaccine should receive 2 doses of vaccine. Those children who receive inactivated vaccine should receive a booster at 1 or more months after the first dose. Those aged 5 to 9 years who receive live attenuated influenza vaccine should have a second dose 6 to 10 weeks after the initial dose. The second dose will be completed as a walk-in in Immunization clinic 0730-1145, 1300-1600 M-F, on the first floor at Ireland Army Community Hospital, appointments are not needed.

FT Knox Flu Campaign Dates and Locations

| ALL HELATH CARE BENEFICIARIES WITH A VALID ID CARD | VACCINE/FLU MIST | LOCATION | DATE | TIME | FOLLOW-UP |
|--|------------------|---------------|--|------------------------|-----------------------|
| Retirees and Spouses | Vaccine | Leader's Club | 27 OCT 28 OCT | 0830-1600 0830-1200 | No follow-up required |
| Active Duty | Vaccine/Flu mist | Gammon Gym | 1-30 NOV (to be scheduled by unit) Monday- | 1000-1400 | No follow-up required |

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| | | | Friday | | |
| DOD Adult Beneficiaries(18 years and older) | Vaccine/Flu mist | -Primary Care Clinic #3, first floor Walk-in -Given with established scheduled appointments at PPC #1 and PPC #2. | 1-30 NOV Monday-Friday | 0800-1600 | No follow-up required |
| DOD Children Beneficiaries (18 years and younger) | Vaccine/flu mist | Immunization Clinic, 1 st floor Walk-in | Starting 30 OCT- until complete Monday-Friday | 0730-1145, 1300-1600 | Children who have not received the flu before will need a follow-up appointment. as stated above |
| Community "Make-Up" Day and DoD Post eligible employees | Vaccine/flu mist | Sandowski Field House | 4-5 DEC 2006 | 0800-1600 | No follow-up required |

If you would like further information about influenza please visit the Center for Disease Control and Prevention website at www.cdc.gov/flu or contact your health care provider. For information about this years' influenza vaccination program please visit www.knoxiach.com and click on the Flu Prevention link or call the flu hotline at 624-0554.